







A non-profit organization creating healthier communities by providing fresh healthy food, nutrition literacy and health & wellness resources for our neighbors in need.





Nourish



Inspire



Teach



Connect



- MANNA FoodBank
- St. James Episcopal Church
- Creative Village Child Care
- Blue Ridge Apartment
- Black Mountain Elementary School
- Children and Friends Daycare
- Ryder Trucks
- Cycle to Farm
- Swannanoa Valley Christian Ministries
- HeadStart
- Bi-Lo
- Community Foundation of WNC
- Episcopal Dioceses of WNC
- New Sprout
- Barefoot Farms
- Gardens that Give
- Society of St. Andrew
- Swannanoa Valley Medical Center





“Not only does my family have more energy from the good food, but the demonstration shows the kids what’s good to eat and how to eat it!”

Alicia, participant (single mom of 4)

- Eat Smart Black Mountain
- Warren Wilson College
- University of North Carolina of Asheville
- Yoga Service Project
- Fresh4Kids
- Black Mountain Swannanoa Endowment Fund
- Wind Fox Herbal





Helping people grow their own bounty

- Dr. John Wilson Community Garden
- Black Mountain Parks and Recreation
- Roots and Fruits
- Montreat Presbyterian Church
- Asheville Mulch Yard
- Mellie Mac Garden Shack
- Black Mountain Presbyterian Church
- Living Well Farms
- Private Donors





- Black Mountain Rotary Club
- Black Mountain Savings Bank
- MANNA FoodBank
- Black Mountain Elementary
- Black Mountain Primary
- W.D. Williams Elementary





- Montreat College
- Warren Wilson College
- UNCA
- Appalachian State University
- AB Tech Early College
- Asheville Youth Mission
- iSight Church
- The Learning Community School
- Black Mountain Presbyterian Church



'Rooted in Health' Expansion



Cookbook Project

Buncombe County
Early College
Charter School



Health Coaching

Local Health and Wellness
Coaches
UNCA School of Health and
Wellness
Wellness Centers



Summer Food Service

Schools
Local Community
Supporting Organizations



FoodScription

Healthcare
Practitioners
Physicians

'Produce to the People' Expansion



Additional Market ArtSpace Charter School



A group of people who mutually join a relationship that is centered around integrity, trust, compassion, and vision for the betterment of humanity.

- Honor their mission
- Nurture the relationship
- Focus on the people
- Have integrity
- Be humble
- Invest in it whole-heartedly



Bounty & Soul

Published by Anna Long · 17 · 2 hrs · 🌐

Turnips, beets, kohlrabi oh my! HUGE thank you to The Farm in Canton, NC for their donations this week! Beautiful produce from a beautiful venue, a must-see! Check them out on their website, thefarmevents.com! #producetothepeople #thefarm #beautifulbounty



73 people reached

[Boost Post](#)

👍 Like

💬 Comment

➦ Share

***Schools/Colleges:***

Appalachian State University
Buncombe County Early College
Montreat College
The Learning Community School
Warren Wilson
UNCA

Farmers/Growers:

New Sprout Farms, Black Mountain, Swannanoa
Barefoot Farms, Barnardsville
Rise-Up Rooted Farm, Black Mountain
Home Grown Garden, Black Mountain
Green Rows Farm, Black Mountain
Black Mountain Tailgate Market
French Broad Farmers Market, Asheville
Common Ground
Second Spring
Milo's Acre

Other Non-Profits and Organizations:

MANNA Foodbank
Eat Smart Black Mountain
Feeding America Backpack Program
Society of St. Andrew
Swannanoa Valley Christian Ministry
The Kannico Agency
Gardens that Give
Jubilee
Asheville Humane Society
The Yoga Service Movement
Cycle to Farm
The Joseph Initiative
Black Mountain Rotary Club
Arden Rotary Club
Black Mountain Parks and Rec
Asheville Youth Mission
Council for the Aging

Businesses:

Swannanoa Valley Medical Center
Blue Ridge Apartments
Children & Friends Enrichment Center
Black Mountain Savings Bank

Funders:

Black Mountain – Swannanoa Valley
Endowment Fund The Community
Foundation of Western North Carolina
Episcopal Diocese of Western North
Carolina

Churches:

Black Mountain Presbyterian Church
Montreat Presbyterian Church
St. James Episcopal Church
iSight Church



Ali Casparian, Executive Director
Lindsey Miller, Operations Manager
(828) 419-0533

info@bountyandsoul.org